

## Supporting Scientific Study

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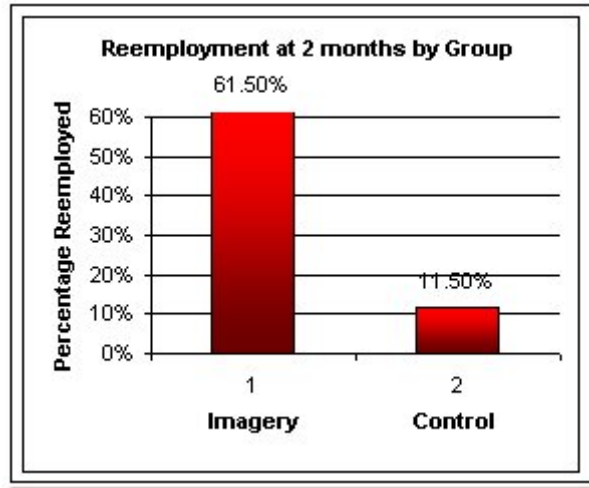
The scientific study supporting **The Job Loss Recovery Program™** was conducted as Dr. Joseph's doctoral dissertation. The resulting article was published in the prestigious **Consulting Psychology Journal**, a peer-reviewed journal of the American Psychological Association. If you'd like to read the published academic article in its entirety, a reprint is available.

In summary, fifty-two professional men and women who had been laid off their jobs - primarily managers and executives - volunteered for the study. The overall objective was to compare the effectiveness of a career transition program to a placebo control procedure in promoting reemployment. Most of us think of a sugar pill when we hear or see the word, placebo, but in this case, placebo refers to the test condition that participants incorrectly believe is the effective condition being tested.

In this study, for example, participants were randomly assigned to two groups. Participants in each group received six sessions of a twenty-minute imagery procedure designed to make them believe it would facilitate their job search. But only one group received the career transition program imagery.

Participants in the career transition program group listened to a narrated recording of instructions guiding them through mental experiences designed to help them resolve their loss, improve motivation and job-search competence, and increase confidence. Participants in the placebo control group followed written instructions to sit silently, while visualizing themselves executing current job-search plans for half of each 20-minute session; and, for the remaining half, visualizing future job-search plans.

The **study results**: two months after their sessions, **five times more people in the career transition imagery group were back** to work compared to those in the placebo control group. It is unusual in academic research to find such a large difference between groups. As an added bonus to the study results, participants who accepted jobs within two months did not suffer a decrease in salary. The program worked well and it worked fast. The graph below shows the difference between groups after two months.



Participants in the study ranged in age from 29 to 64, with an average age of 47, and almost two-thirds were back to work in two months or less, following the program.

The study with its Job-Loss Recovery imagery system received recognition in the Model Programs Division of the Substance Abuse & Mental Health Services Administration (SAMHSA), U.S. Dept. of Health & Human Services.